



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11003, Amaranth leaves, raw

Report Date: July 04, 2017 16:44 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:6% Refuse Description: Tough stems

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 28g	1 leaf 14g
Proximates						
Water	g	91.69	1	--	25.67	12.84
Energy	kcal	23	--	--	6	3
Energy	kJ	97	--	--	27	14
Protein	g	2.46	6	0.175	0.69	0.34
Total lipid (fat)	g	0.33	6	0.089	0.09	0.05
Ash	g	1.50	6	0.320	0.42	0.21
Carbohydrate, by difference	g	4.02	--	--	1.13	0.56
Minerals						
Calcium, Ca	mg	215	6	59.071	60	30
Iron, Fe	mg	2.32	--	--	0.65	0.32
Magnesium, Mg	mg	55	1	--	15	8
Phosphorus, P	mg	50	15	1.236	14	7
Potassium, K	mg	611	1	--	171	86
Sodium, Na	mg	20	1	--	6	3
Zinc, Zn	mg	0.90	--	--	0.25	0.13
Copper, Cu	mg	0.162	--	--	0.045	0.023
Manganese, Mn	mg	0.885	--	--	0.248	0.124
Selenium, Se	μg	0.9	--	--	0.3	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	43.3	5	8.763	12.1	6.1
Thiamin	mg	0.027	5	0.014	0.008	0.004

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 28g	1 leaf 14g
Riboflavin	mg	0.158	5	0.032	0.044	0.022
Niacin	mg	0.658	5	0.106	0.184	0.092
Pantothenic acid	mg	0.064	--	--	0.018	0.009
Vitamin B-6	mg	0.192	--	--	0.054	0.027
Folate, total	µg	85	--	--	24	12
Folic acid	µg	0	--	--	0	0
Folate, food	µg	85	--	--	24	12
Folate, DFE	µg	85	--	--	24	12
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	146	--	--	41	20
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	2917	5	1200.755	817	408
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1140.0	--	--	319.2	159.6
Lipids						
Fatty acids, total saturated	g	0.091	--	--	0.025	0.013
14:0	g	0.001	6	--	0.000	0.000
16:0	g	0.073	6	--	0.020	0.010
18:0	g	0.012	6	--	0.003	0.002
Fatty acids, total monounsaturated	g	0.076	--	--	0.021	0.011
18:1 undifferentiated	g	0.076	6	--	0.021	0.011
Fatty acids, total polyunsaturated	g	0.147	--	--	0.041	0.021
18:2 undifferentiated	g	0.145	6	--	0.041	0.020
18:3 undifferentiated	g	0.002	6	--	0.001	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.031	14	--	0.009	0.004
Threonine	g	0.099	12	--	0.028	0.014
Isoleucine	g	0.119	12	--	0.033	0.017
Leucine	g	0.195	12	--	0.055	0.027
Lysine	g	0.127	16	--	0.036	0.018

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 28g	1 leaf 14g
Methionine	g	0.036	16	--	0.010	0.005
Cystine	g	0.029	13	--	0.008	0.004
Phenylalanine	g	0.133	11	--	0.037	0.019
Tyrosine	g	0.080	10	--	0.022	0.011
Valine	g	0.137	12	--	0.038	0.019
Arginine	g	0.121	11	--	0.034	0.017
Histidine	g	0.052	11	--	0.015	0.007
Alanine	g	0.139	6	--	0.039	0.019
Aspartic acid	g	0.229	6	--	0.064	0.032
Glutamic acid	g	0.292	6	--	0.082	0.041
Glycine	g	0.132	6	--	0.037	0.018
Proline	g	0.121	6	--	0.034	0.017
Serine	g	0.111	6	--	0.031	0.016
Other						